

# *The Feeding of Infants and the use of Bengers Food for all ages.*

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*These directions are the outcome of considerable experience. They have been submitted to and unreservedly approved by eminent medical authorities.*

**Formula for Adults and older Children, page 6.**

**T**HE best and least troublesome way of rearing a baby is by natural feeding. It is the method most likely to produce a healthy child and to prevent illness, especially if the mother pays attention to her own health and takes plain nourishing food.

In cases where it is found impossible to nurse the baby entirely, it may often be done for a time or in part, and even this is an advantage. The mother should earnestly attempt this for, at least, the first three months of life.

When it is necessary to replace natural feeding, either partially or entirely, some modification of cow's milk is usually given. This modification is necessary because cow's milk differs in composition from human milk. It contains more proteids (or flesh-forming materials) and more inorganic salts, about the same amount of fat, but less sugar. In the presence of the acid fluid in the stomach, cow's milk produces large curds which are digested with difficulty by an infant, whereas human milk produces very fine and easily digestible curds.

Cow's milk is intended by nature for the rearing of calves, and if used for infants it requires some modification. By dilution with water and the addition of sugar and fat, a mixture can be made which approximately corresponds to the composition of mother's milk.

The usual proportions of milk and water employed are as under :\*

For Infants of 1 to 2 months, one part of milk to two parts of water.

For Infants of 2 to 6 months, equal parts of milk and water.

For Infants of 6 to 9 months, two parts of milk and one part of water.

If good milk is available it is not imperative to add cream (see note on Cream, page 5), but it is necessary to add a little sugar of milk, or ordinary lump sugar.

Many babies thrive on these mixtures, but others cannot digest the diluted milk, probably on account of the nature of the curd formed in the stomach. In some cases the substitution of barley water for plain water yields a food which can be digested when plain milk and water does not agree. Some babies cannot digest even the barley water mixture at any time, and with others there are periods when it does not appear to give satisfactory results. In these cases the diluted milk must be so treated as to render it more readily digestible.

Benger's Food was specially designed for this purpose, since, when properly prepared, it *partially* digests the casein contained in the milk, preventing the formation of large curds and enabling the stomach *to complete the digestion*.† At the same time it increases the amount of sugar present and renders the mixture more comparable in composition with mother's milk. The prepared Food can be used temporarily or even continued for months if necessary.

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\* These proportions will serve as a general guide in the preparation of Benger's Food for Infants.

† The digestive organs should be given work to do to the extent of their powers. Benger's Food and milk is never completely pre-digested. There is always work for the digestive organs and the amount is easily regulated. See Note at foot of page 4.



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The proportions of food, milk, and water can be varied so as to serve for infants of different ages, the general rule being to increase the amount of milk and food, and to decrease, in proportion, the amount of water as the baby gets older and the food is found to agree. It is important that the increase should take place gradually, the food being strengthened little by little as the baby grows.

The following mixtures are suggested for general use :—

**FORMULA 1.** *For babies 1 to 3 months old, or at other ages (over one month) when first commencing to use the Food, or whenever the digestion is much enfeebled :*

Take of BENDER'S FOOD, 2 teaspoonfuls ( $\frac{1}{4}$  oz.)

SUGAR OF MILK,\* 3 level teaspoonfuls ( $\frac{1}{3}$  oz.)

Mix together in a basin with 4 tablespoonfuls of COLD WATER, so as to make a perfectly smooth cream, with a spoon or whisk—preferably a pear-shaped tinned wire one. To this add the following mixture just off the boil :

MILK, 4 ozs. }  $\frac{1}{2}$  pint (English measure 10 fluid ozs.)  
WATER, 6 ozs. }

**INSTRUCTIONS** (refer to page 8). By “just off the boil” is meant, when the milk, or milk and water mixture, has been heated and allowed just to settle down after it has first risen in the pan. Add the hot fluid slowly and whilst stirring.

Let the mixed liquids in the basin stand, away from heat, for 30 minutes, lightly covered to prevent access of dust, etc. Then return it to the saucepan and raise to the boiling point, stirring all the while. Set aside in a covered vessel to cool, when it is ready for use. The prepared Food should be quite fluid.

If a little more fat is required in the Food prepared according to this formula, and it is found to agree, from 1 to 8 teaspoonfuls of gravity cream† may be introduced gradually, when preparing the Food, and added just before the final boiling.

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\* See note on Sugar of Milk on page 6.

† See note on Cream, pages 5 and 6.

**FORMULA 2.** *For infants from 3 to 6 months of age, and for younger infants who are already digesting the weaker mixture and need a more nutritious food :*

Take of BENDER'S FOOD, 1 level tablespoonful ( $\frac{1}{2}$  oz.)

SUGAR OF MILK, 2 level teaspoonfuls ( $\frac{1}{5}$ th oz.)

Mix with 4 tablespoonfuls of COLD WATER as directed in Formula 1, and add a mixture of

|                |   |   |   |   |        |                                                         |
|----------------|---|---|---|---|--------|---------------------------------------------------------|
| MILK           | - | - | - | - | 3 ozs. | } $\frac{1}{2}$ pint (English measure<br>10 fluid ozs.) |
| *GRAVITY CREAM | - | - | - | - | 1 oz.  |                                                         |
| WATER-         | - | - | - | - | 6 ozs. |                                                         |

This mixture must be added slowly, whilst stirring, and when just off the boil. Set aside for 30 minutes, then raise to the boil. Read instructions with Formula 1.

**FORMULA 3.** *This is applicable for children of 6 to 9 months of age, and for younger infants who need a stronger food than is provided by Formula 2 :*

Take of BENDER'S FOOD, 1 level tablespoonful ( $\frac{1}{2}$  oz.)

Mix to a smooth cream with 4 tablespoonfuls of COLD WATER, and add, just off the boil, a mixture of

|       |   |   |   |   |        |                                                         |
|-------|---|---|---|---|--------|---------------------------------------------------------|
| MILK  | - | - | - | - | 6 ozs. | } $\frac{1}{2}$ pint (English measure<br>10 fluid ozs.) |
| WATER | - | - | - | - | 4 ozs. |                                                         |

Set aside for 30 minutes,† then raise to the boil. Read instructions with Formula 1.

**FORMULA 4.** *For infants of 9 months, and occasionally for younger children who can digest more milk :*

Take of BENDER'S FOOD, 1 level tablespoonful ( $\frac{1}{2}$  oz.)

Mix with 4 tablespoonfuls of COLD WATER, and add, just off the boil, the following mixture :

|       |   |   |   |   |        |                                                         |
|-------|---|---|---|---|--------|---------------------------------------------------------|
| MILK  | - | - | - | - | 8 ozs. | } $\frac{1}{2}$ pint (English measure<br>10 fluid ozs.) |
| WATER | - | - | - | - | 2 ozs. |                                                         |

Set aside for 30 minutes,† then raise to the boil. Read instructions with Formula 1.

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\* See note on Cream, pages 5 and 6. † This may be reduced, first to 25 minutes, then 20, then finally 15 minutes, when a less digested food is desired and is found to agree.



**AT WEANING AND AT 8 OR 9 MONTHS OF AGE** and sometimes earlier, a less digested Benger's Food may be used, made by allowing the mixture to stand only 15 minutes instead of half-an-hour\*; or the meals may consist alternately of milk and barley water and Benger's Food, and subsequently of four feeds of milk and barley water to two of Benger's Food, prepared according to Standard Formula No. 5 on page 6, up to 12 months of age: One such feed daily may be given with advantage until the child is taking an ordinary mixed diet.

#### **AMOUNT OF FOOD REQUIRED FOR EACH MEAL.**

The quantities given on the labels of the larger tins of Benger's Food are about the average. Be careful not to overfeed. If a baby is much above the normal weight for its age, or is increasing in weight too rapidly, it is probably being overfed. A baby may be said to be progressing favourably: (1) When the bowels are regular and the stools normal; (2) When it is bright and cheerful and sleeps comfortably; (3) And when the weekly increase of weight is: Up to 3 months of age, 5 to 7 ozs. 3 to 6 months of age, 4 to 6 ozs. 6 to 9 months of age, 3 to 5 ozs. Progress in weight is seldom uniform.

#### **FAT (CREAM), ITS VALUE AND HOW TO INCREASE IT IN INFANT FEEDING.**

Fat is a necessary ingredient in babies' food, but some can only take it in small amount, and *excess should always be avoided*. When it can be taken, more fat than is present in diluted cow's milk is desirable, and helps to keep baby free from constipation and rickets.

**GRAVITY CREAM.**—Fat is preferably given in the form of cream. It is obtained by setting aside, undisturbed and lightly covered to keep out dust, fresh cows' milk in a cool place for six hours and then removing the upper layer. This is called "gravity" cream and is recommended for use in preparing infant's food. One pint of milk yields two ounces (four tablespoonfuls) of gravity cream.

Shop (centrifugal) cream is not recommended, but, if it must be used in an emergency, remember that it contains twice as much fat as ordinary cream.

It does not mix so well as gravity cream and is less likely to agree. Special care should be taken to see that the cream is fresh, perfectly sweet and free from preservatives, otherwise it is sure to disagree. When adding

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\* This period of digestion may be gradually reduced as in formula 3, page 4.

cream (gravity) one teaspoonful to one or two tablespoonfuls may be added to each 12 ozs. of the prepared food when it has been made with diluted milk ; it is preferable to substitute it for the same amount of milk given in the formulæ No. 1 to 4, but it may be added just before the final boil. *Do not increase the cream or use "top" milk in the formula in which cream is already provided.*

"Upper" or "top" milk may also be used *instead* of cream and ordinary milk for increasing the proportion of fat. This is simply fresh milk set aside for four hours in a lightly-covered jug for the creamy portion to rise. The jug should be kept in a cold place, a refrigerator if available in summer, otherwise a window-ledge having a north aspect. At the end of the four hours the upper half can be ladled off. If only the upper third or one quarter be taken off it will be still richer in fat.

### SUGAR OF MILK.

Clean white sugar may be used instead of Sugar of Milk, but the latter is preferable, and, moreover, it acts as a slight laxative. It may be desirable, therefore, to reduce the Sugar of Milk, or omit it altogether, where there is looseness of the bowels. Use the best quality of Sugar of Milk, obtainable from a Chemist.

The following is the

### STANDARD FORMULA (No. 5.)

for general use of older children and adults:—

Take of BENDER'S FOOD - 1 tablespoonful (  $\frac{3}{4}$  oz.)

COLD WATER - 4 tablespoonfuls (2 fluid ozs.)

Mix together in a basin to a smooth cream by means of a spoon or pear-shaped tinned wire whisk. To this cold mixture add HALF-A-PINT OF MILK which must first have been heated in a saucepan to the boil. Add this to the cold mixture in the basin when *just off the boil* (read instructions on page 3 and 8) slowly whilst stirring. Now set aside the basin containing the mixed liquids away from heat for 15 minutes\* to allow the food to digest. Then return to a clean saucepan and heat to the boil whilst stirring. Remove from the fire or gas-ring. When cool enough it is ready for use.

Benger's Food, prepared according to formula 5, will be found the most generally useful for children (one year and over) and adults. For the use of invalids, convalescents or the aged, and where "digestive rest" is

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\* This period may be extended, in stages, to half-an-hour in cases where a more completely digested food is required.



desired, 15 minutes' digestion is usually sufficient. See "Explanation of Process" on label of tin. In some cases it may be advisable to dilute the milk. A shorter digestion yields a less sweet, and a longer digestion a sweeter food.

## NOTES.

The formulæ 1 to 5 yield a little over half-a-pint of prepared food. By using double the quantities of milk, etc., stated in each formula, a little over one pint may be prepared at one time. *This is the most that should be made at one operation from these formulæ. Take 60 to 80 seconds to add a pint of hot fluid.* It is better to make two separate quantities and to use whenever possible the fresh milk delivered in the morning and afternoon.

The prepared food is best when freshly made, and in no case should it be kept longer than a day, and in warm weather not more than 8 or 10 hours. Store in a cool place, covered with a piece of muslin to keep out dust, etc. It should always be well stirred before taking out the amount to be warmed up, and may be strained if necessary.

Fresh, clean cows' milk, of good quality and free from preservatives, should be used in preparing Benger's Food. Condensed Milk, diluted, is not recommended, and should only be used for special reasons and temporarily.

*The manufacturers will gladly answer enquiries on the preparation of Benger's Food where there is any doubt or difficulty. Special formulæ will be supplied where a large quantity of prepared food may be required.*

**MEASURES.** The capacity of domestic spoons, etc., varies very much; it is preferable, therefore, to use a graduated glass measure for fluids, and to weigh solids. The following, for solids, are approximate measures:

Average domestic tablespoon -  $\frac{3}{4}$  fluid oz.  
 Two tablespoonfuls (Medicinal)  
   of MILK or WATER - - 1 fluid oz.  
 Eight teaspoonfuls (Medicinal)  
   of MILK or WATER - - 1 fluid oz.  
 One pint (English) - - - 20 fluid ozs.  
 One pint (American) - - 16 fluid ozs.  
 A level tablespoonful \* of  
   BENGER'S FOOD - -  $\frac{1}{2}$  oz.  
 A slightly heaped tablespoon-  
   ful\* of BENGER'S FOOD -  $\frac{3}{4}$  oz.

A level dessertspoonful \* of  
   BENGER'S FOOD - -  $\frac{1}{4}$  oz.  
 A little less than a level table-  
   spoonful \* of SUGAR OF  
   MILK (powder) - -  $\frac{1}{2}$  oz.  
 A little less than a level dessert-  
   spoonful \* of SUGAR OF  
   MILK (powder) - -  $\frac{1}{4}$  oz.  
 A level teaspoonful\* of SUGAR  
   OF MILK (powder) - - 50 grains.  
   \* Ordinary domestic spoon.

A complete list of "BENGER" Preparations will be sent on application; also the 64-page illustrated booklet, "Benger's Food and How to Use it," for Infants, Invalids, and the Aged.

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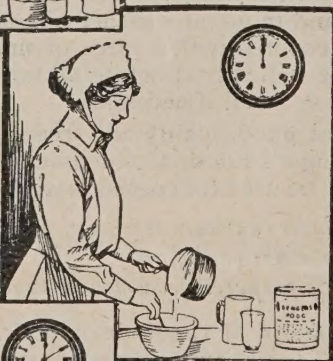
# Directions for preparing Benger's Food.

(To be carefully followed).



## Stage 1.—*Preparing the Cold Mixture.*

Place the Food, and sugar if any, in a dry basin, add the cold water gradually and mix into a smooth cream with the back of a spoon. If a whisk is used add all the water at once and stir vigorously.



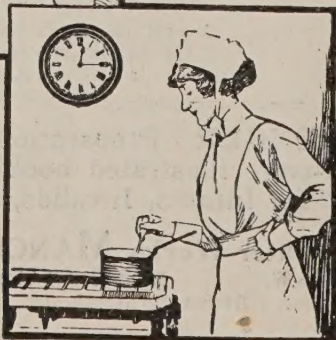
## Stage 2.—*Hot Mixture.*

Each formula provides for half-a-pint of fluid. Take this and place it in a saucepan (aluminium best) and heat quickly over a fire or gas-ring. Remove from source of heat when the milk, or milk mixture, rises in the pan and allow just to settle down, then add immediately, but gradually, to the cold mixture of Food, etc., in the basin, stirring all the time (take about 30 seconds in adding half-a-pint).



## Stage 3.—*Period for Digestion.*

After completing Stage 2 set the basin aside away from the fire or other source of heat to allow the mixture to digest. Stir once or twice.



## Stage 4.

After standing the desired length of time, pour into a clean saucepan and heat, whilst stirring, until it comes to the boil. (This stops the digestive process). When cool enough, it is ready for consumption. If desired the prepared Food may be flavoured with salt, chocolate, etc.